

MESSAGE DEVICE

Abstract of the Disclosure

A massage device which substantially mirrors the hardness and deformation characteristics of the human thumb or palm and is particularly effective in relieving tender and painful muscle and connective tissue conditions, including but not limited to trigger points, foot ailments and leg and arm ailments such as carpal tunnel syndrome. The massage device typically includes an elongated, resilient massage body. A pair of spaced-apart wheels is provided on the massage body to facilitate rolling the device on a surface. The wheels of the massage device may be rolled in a back-and-forth motion on a flat surface as the afflicted area or areas on an arm, leg, foot or other part of a user's body is pressed against the resilient massage body to substantially alleviate pain and discomfort associated with muscle or connective tissue conditions.